



Trip Itinerary

DAY 1: ARRIVE KATHMANDU

Arrive at the airport and transfer to your hotel. Later you will meet your guide for your pre-trek briefing.

DAY 2: DRIVE TO BESI SAHAR, TREK TO BHULBULE

Elevation: 840m (3 hours)

You begin this trip driving along the Kathmandu-Pokhara Highway to Dumre and then following the rough road along the Marshyangdi River. After 6 hours you finally reach Besisahar, the capital of Lamjung District.

Today you start the trek following the path to Pam Khola. On crossing the stream, you climb up towards the village of Denauti where you will see Nepali village life at close quarters. As the trail nears the Khudi Khola, you reach the Gurung village of Bhulbule.

DAY 3: TREK TO JAGAT

Elevation: 1300m (6 hours)

A steep trail descends from Bhulbule before crossing a stream. It then climbs again and traverses the hillside before reaching the village of Hani Gaon. You follow the winding mountain path down through Syange and along the river for some distance. The trail then climbs steeply and the path is cut into the sheer cliff-face some 200-300m above the river-bed. Eventually you descend to the stone village of Jagat, situated on a shelf, which juts out into the Marshyangdi valley.

DAY 4: TREK TO BAGARCHAP

Elevation: 2160m (6 ½ hours)

The trail from Jagat descends until it reaches the river and then continues through a lush forest, before ascending to a sharp-edged cliff facing the riverbank. After crossing a suspension bridge, you

climb steeply on the path to Sattale and then to Tal. As you walk away from Tal, the path becomes rugged and winding and you pass the forested village of Karte and Dharepani before you finally reach Bagarchap. Annapurna II becomes visible as you arrive at Bagarchap, a Bhotia village with colourful prayer flags.

DAY 5: TREK TO CHAME

Elevation: 2710m (5 ½ hours)

As you continue ascending through forests of pine and oak, you pass through Dhanakyu before coming to a large waterfall. Further on, the Marshyangdi River enters a gorge and the trails follows a rock-strewn path. When the steep incline ends, you follow a path amid rhododendrons and continue on a gently rising path. You cross a stream before entering a pine forest. You then enter the hamlet of Kotho, from where you can get a good view of Annapurna II. The route reaches a large white gate with a corrugated iron roof, which is the entrance of Chame, the administrative headquarters of Manang district. There is electricity, a wireless station, schools, shops, health post, post office, police check post, hotels, lodges and banks in Chame. The hot springs are a major attraction too.

DAY 6: TREK TO PISANG

Elevation: 3310m (5 hours)

Today you head off for Pisang crossing a large suspension bridge over the Marshyangdi. Your trail meanders through fields leading to Teleku at 2775 metres before reaching Bratang. After leaving the forested village, the valley changes from a V-shape to a gentle U-shape. Further on, you continue up steep trails to the south side and cross a long suspension bridge at 3040 metres. From here you get to view Paungda Danda rising more than 1500 metres from the river. You cross one final bridge and enter the village of Pisang.



DAY 7: TREK TO MANANG

Elevation: 3540m (6 ½ hours)

You start today heading along a steep ridge with wonderful views of the Manang valley and the Tilicho peak. You descend through Manang's airstrip to come to Hongde, lying beneath Annapurna III on the north-east face. The route then leads to the wide plain of the Sabje Khola Valley from where you get views of Annapurna IV (7525m). Further on, you cross a wooden bridge, and enter the village of Mungji. You continue along the cultivated fields and after a while arrive at the village of Bryaga which has a lovely monastery. On trekking down to Manang, you get more views of the Annapurna range - Annapurna II, Annapurna III, Annapurna IV, Gangapurna (7455m) and Tilicho Peak (7134m).

DAY 8: ACCLIMATISATION DAY AT MANANG

Elevation: 3540m – 3800m-3450m (4 hours)

Today you will trek up a further 300 metres to help your acclimatisation.

DAY 9: TREK TO LETDAR

Elevation: 4250m (4 hours)

Leaving Manang you cross a stream, climb to Tengi, 120 meters above Manang and ascend further past Marshyangdi Valley, turning up the valley of the Jarsang Khola. The vegetation of scrub juniper and alpine grasses marks the climb in altitude as you reach the small village of Gungtang, a cluster of flat mud roofs just below the trail at 3960 meters. The trail takes you further along a large stream that flows from Chulu Youst and Gungtang and leads to Letdar.

DAY 10: TREK TO THORUNG HIGH CAMP

Elevation: 4850m (4 hours)

Leaving Letdar, you climb gradually to a ridge before descending to the headwaters of the Marshyangdi and crossing via a covered wooden bridge. After a short ascent up the mountain path on the right bank, you follow a narrow trail across an unstable steep slope and then descend to Thorung High Camp.

DAY 11: CROSS THORUNG LA AND TREK TO MUKTINATH

Elevation: 4850m – 5416m – 3800m (7-8 hours)

You have an early start today for the crossing of Thorung La (5416m). The trail becomes steep immediately on leaving camp, but as local people have used this trail for hundreds of years, the path is well defined. The gradient then eases and after around 4 hours of steady climbing, you reach the prayer flags of the pass. From the snow-covered mountains above, to the head of the Kali Gandaki valley below and the brown and purple hills of Mustang, which spread out before us, you are presented with dramatic view. The descent to Muktinath is a tough 1600m. But the excellent views of Dhaulagiri are a good distraction. Eventually moraine gives way to grassy slopes before a pleasant walk along the Jhong Khola Valley to Muktinath, with its shrines and temple.

DAY 12: TREK TO JOMSOM

Elevation: 2713m (6-7 hours)

You now begin the descent down the dramatic Kali Gandaki valley, initially through arid country in the same geographical and climatic zone as Tibet. After passing through Jharkot and Khingar, villages with typical Tibetan architecture, you follow the valley floor most of the way to Jomsom. En route, you get tremendous views of both Dhaulagiri and Nilgiri. Jomsom is a large town sprawled along both banks of the Kali Gandaki River, and it is here you will spend the final night of your trek (approx. 3 hours)

DAY 13: FLIGHT TO KATHMANDU VIA POKHARA/JOMSOM

You take an early morning flight from Jomsom to Pokhara. It is a spectacular flight along the Kali Gandaki Gorge and provides wonderful views of both the Dhaulagiri and Annapurna ranges. You then catch a further flight back to Kathmandu.

DAY 14: DEPART KATHMANDU

You can fly out from Kathmandu today. Alternatively you may wish to spend a couple of days exploring this fascinating city.



SUMMARY

The classic circuit trek around the Annapurnas is an incredibly varied and exciting journey. Dramatic deep gorges, bleak high-mountain passes, Buddhist temples, picturesque farming villages and at every turn a different view of the Annapurna summits.

To reach the start of the trek there is a long drive, first down the main Pokhara road then following the Marshyangdi River to Besisahar. The trek proper begins here, crossing and re-crossing the gorge carved by the Marshyangdi River on suspension bridges before you reach Manang, the largest village on the route.

An acclimatisation day is taken here to prepare for crossing the Thorung La pass which is the highest point of the trek at 5416m. From there you descend progressively with plenty of up and down along the way until you reach Jomsom.

We now end our Annapurna circuit trek at Jomsom to avoid the last section of the circuit. A new road now follows very closely making it very noisy and dusty for trekkers. Instead you catch a spectacular mountain flight to Pokhara and then on to Kathmandu.

Additional days relaxing on the shores of Lake Pokhara can be arranged before you fly back to Kathmandu.



Annapurna Circuit trek



Typical Nepalese Village